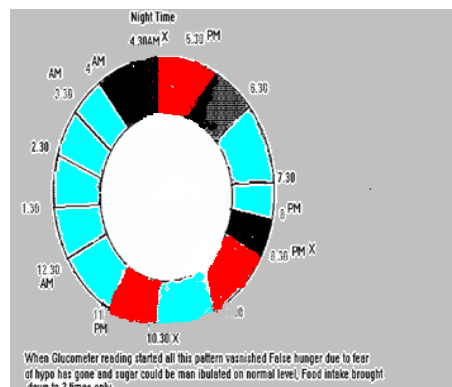
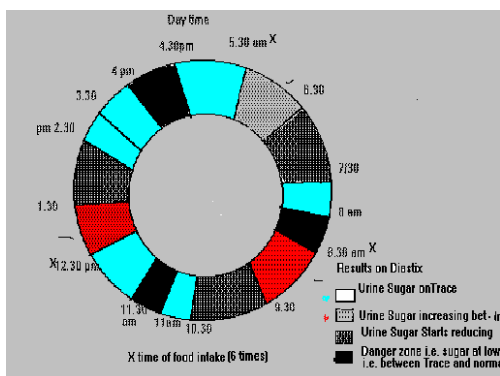


D.P.Parkhe Consultants-Innovations
 Swapnanagari, A-10, Karve Rd. Pune 411004 <dpparkhe@hotmail.com>
 Mobile - 9767173860; Ph - 020 - 25469027 www.applecontrolsdiabetes.com



Sugar Wheels showing my Blood Sugar Position in 24 Hours for day and night

Use of Apple for sugar control in Diabetes is a NOVEL finding, which Eliminates pills and Insulin

Basic Experiment

-
- **My feelings before conducting this research:-**
- Before I start writing this paper it is utmost important to , under which horrible conditions I went through knowing first time that I had Diabetes. I got simply nervous and become helpless, knowing that there is no positive remedy to cure and stop, the side effects of diabetes and that of medicine, and ultimately I have to succumb to death, which is certain, and this was a reality that time. I went through sleepless nights brooding over my fate. I lost my business and earnings were stopped, besides my two sons were taking education, one can imagine my mental agony. I was almost broke.
- **Introduction:-**
- I had diabetes in 1997 and my sugar was 355 , I went to doctor for getting medicine, who gave me pills and on fourth day I went in to ICU due to Hypoglycemia.
- Doctor lost all hopes of my survival , but somehow I have survived and went home where I could not walk, even a step because of weakness.
- When I came out from ICU,I knew I may not survive any more, that was the condition I had gone through.
- **The Spirit to survive:-**
- Having passion for innovation and with experience and background of research, I have decided what may come, as anyway I am going to die, then why not fight to the tooth and nail and die.
- After going through the literature on Diabetes, I came to know that this is not a simple task, but a herculean one and I am going to fight against the nature having no positive and proper cure available so far, when hundreds of people are doing research, spending millions of dollars, still not coming even nearer to the solution.
- I have also decided positively not to use any medicine and do research, because medicine have side effects .
- After thinking a lot I have decided to conduct the experiment on myself as per my own thinking, instead of on the present day trend, which works to formulate medicine. I wanted to set the trials on a very simple and based on my commonsense. Because I did not had any equipments or Lab to work. Therefore I have decided first to find out, a basic fact that, how are the movements of my blood sugar during day and nighttime ie. For 24 hours, which may give me some clue to set the

line of experiment. This thinking led me first to find out blood sugar movements in my body during day and nighttime.

- So I have taken blood sugar samples for every half an hour and made a graph, and projected on two wheels, of day and night. as against present day of two times only ie fasting and post prandial counts, These graphs gave me sufficient knowledge/pattern of hourly variations of blood sugar in my body for the day in relation to my activities, diet and other relevant factors.
- **This ingenious Formation of watch like sugar wheels for data observation, was a novel experimental tool for me, it was designed first time in Diabetic field of Research, to effectively see results, to observe time wise and various factor wise volumes and actual movement of blood in my body, which projected a 3 D type presentation of blood sugar movements, which ultimately lead me to get the final right answer**
- This graph showed that during the night hours, and during 12 pm to 6 pm the sugar was almost constant and showed not very much variations. this also showed that during 1 am to 8 am there were constant variations of peaks in sugar counts. I have observed several up and down of sugar peaks one after another with less time period. his I thought may be due to effect of UV light which may be initiating to produce certain hormone activity. After 8 am this peaks subsided and sugar count was reduced and after some time it has gone to danger level, but as soon as I took breakfast, again sugar count increased, thus the thereafter this up and down period was for almost 4 to 6 hour duration, Any way it has given me a preliminary data and understanding of sugar.
- After this I thought why not try to see the blood variations/pattern in relations to various factors activities and introduce them in the wheel graph.
- So I tried to take bread, and tested the sugar after about half an hour and noted it, similarly I tried, for rice, milk, chapatti, and other various diets etc and superimposed the data on the sugar wheels. This has given me indication to test various sugar counts of fruits and other factors e, so I tried various fruits like Mango which has given highest count, after mango custered apple, Banana, sapota, orange, papaya and other fruits and noted the variation, even orange also increased the sugar.
- While trying this experiment I took Apple when my sugar was 180 after about half an hour it came down to 120, and this has given me the solution for controlling sugar, except apple n other fruit have not reduce the sugar counts, You cannot imagine my joy at this finding after all this suspense was over and did it and got it, my efforts were sussceful.
- Later on I tried to find out, the suitable timing of intake of apple, effect of exercise, vitamins etc and the Apple Therapy had emerged.
- After I was confident about my own results I tried this on my friends in USA and got the similar results, then I wrote an article and submitted to [Academy Health Research Org. USA](#) who invited me for poster reading, then Diabetic Association of Pune published my article, then News papers and others followed suit and then in 205 it was accepted on mass scale in Maharsashtra state and now it is incising day by day. This I had to do it all alone because my results do not allow me to sit quiet, but I have my own limitations as an individual Inventor, Now a days Diabetes is increasing day by day and is becoming almost as epidemic in nature, Now it has become my mission to save lives of people from all over the world. I receive emails to guide them and when I get the answer that they have recovered then, I consider it as my reward and I feel happy.
- This my effort gave the the solace to diabetics world over, which is:-
- **"An Use of Apple for sugar control is a NOVEL finding which eliminates pills and insulin."**

Thus this is an experimental Proof based on scientific and planned experiment on myself which gave a factual Data based on scientific planning. That too without a lab.

- ❖ Later on I tried this experiment on my friends in India and in California and result was very good and now it is a history.
- ❖ **Then to make awareness in public on this finding, I wrote a research paper and this work was approved by "Academy Health Research Org. USA" for poster reading, in their conference held in the month of June 2003. And is published in various forums in USA. and also in Bimonthly Magazine of Diabetic Association of India, Pune Branch India. It is also published in Magazine of "Health Care Net work Magazine" of New Zealand. And a full article was published in Sakal Daily . of Pune News Paper of 4 Sept 2005 which is having 2.5 million circulation. And in Gavakari Daily News Paper of Nasik. And Recently people themselves have Proved it by adopting this method, on Mass scale that too spontaneously from 7 Dec 2009 in Pune- Maharashtra State, India. when my letter appeared in Sakal on**

Diabetes cure and subsequently a letter from one patient, was published in Sakal itself on 11 Jan 2011 saying that his diabetes was cured within a month because of use of Apple , this letter has given more impetus to people and subsequently have proved on mass scale, that Apple is as a sure solution for Diabetes II even eliminating Pills and Insulin.

- ❖ **And in 2011 IIT Pune chapter of Bombay Alumni Association gave an Innovation Award, which has put this invention on Global level.**
- **This result is, First Time in the History of Diabetes, to make diabetes free from medicine and Insulin**
 - ❖ Later on I studied the chemistry of it, and put forth my probable Hypotheses that, Malic Acid and Citric acid present in apple might be taking part in the KREB Cycle and creating ATP as an energy, there by consuming glucose from the blood, alternately I also feel that Malic acid might be forming an instant chelating with metal molecules forming biocides and acting on pathogens which might be living as in symbiosis manner, on beta cells of pancreas, and blocking the insulin secretion. For more details please see the chemistry part in my web site.
- The basic data and case studies along with remarks are enclosed for your information. The figures which patients have supplied are taken from authentic Pathological Labs.
- **This is my earnest appeal to all persons, Media and Institutions, who matters, that in view of Epidemic Nature of Diabetes, and my singular voice is a drop in the ocean, so they should take interest. and give maximum publicity through all medias.**
- **Disclaimer**
- **This is just for informational purpose and not to be taken as a medical advice. Or else do it on your own responsibility or with doctor's help.**
- Attached 42 nos. on case studies along with remarks given by patients.

Recent Developments:-

Fostering Innovation

Dear Sir/Madam, Please help take this Innovation work, to a common man for his benefit.

My singular voice is a drop in the ocean.

Apple Controls Diabetes

1) Prestigious “Innovation Award 2011” from IIT, Bombay Alumni Association Chapter Pune, India for:-

“Use of Apple for sugar control is a NOVEL finding which has brought Diabetes under control, even by eliminating Pills and Insulin avoiding all the side effects.”

- 2) **Taken note by Senators and Legislators of California, USA**
- 3) **Endorsed by American Diabetic Association, for doing efforts to stop the diabetes.**
- 4) **Apple Section opened, on Diabetes.CO.UK Forum**
- 5) Note taken by Media:-

This work is approved by “Academy Health Research Org. USA” for poster reading in their conference held in the month of June 2003. And is published in various forums in USA. and also in Bimonthly magazine of Diabetic Association of India ,Pune Branch, India. It is also published in Magazine of “Health Care Net work Magazine” of New Zealand. and full article was published in Pune's, In all leading news papers of India, eg. Times of India, Free Press, DNA, Complete Article published in Sakal Daily News Paper of 4 th Sept 2005 which is having 1.5 million etc. circulation. And in Gavakari Daily News Paper of Nashik.etc.

6) From 7 th December 2009 it is taken up, on mass scale, by people themselves, voluntarily and spontaneously in India, as a sure solution for Diabetes II , even by eliminating Pills and Insulin. Now Hospitals and doctors in India and abroad have also started using this Therapy.

For results please see tables given bellow

Table for 42 case histories of Apple Therapy

Total Cases	Durati-on of Diabet-es	Highest Fasting BS Before Trial	High PP BS Before trial	Ins ulin case s	Insul in free	On Pils	Fully Became Normal as on 30 March 2010	Recovery Within months	Insulin depended ie. Diabetes 1 Case 29	
-------------	------------------------	---------------------------------	-------------------------	-----------------	---------------	---------	---	------------------------	---	--

Table for 42 case histories of Apple Therapy

	Name-Age-Male-Female Mobile-Email	Duration Of Diabetes	Fasting Sugar Before & After	PP Sugar Before & After	Insulin before & after	Pills before & after	Days required for normal	Remarks by Patients
1	D.P.Parkhe age 83 M -M-9767173860 dpparkhe@hotmail.com	12 yrs	124	135	Nil	0--0		I have done experiments on myself and invented this Therapy For more details please visit my web site www.applecontrolsdiabetes.com
2	Joshi S.R. Age 70—F 24228423	9 ye rs	170--100	200--150	45 Now nil	-0--0	15 days	Apple reduces sugar and gives good energy
3	Barve Anil—62-M 9403185502 Letter published in Sakal Paper for achieving good results on 11 Jan 2010	2 Yrs	90--86	130--121	--	2 --0	28 Days	It is very nice Therapy and works positively if sugar intake is avoided
4	Mawal S.D.—M---59 9922801680	12 Yrs	180--108	260--127	0--0	2--half	30 Days	I thought Diabetes cannot be cured but Apple has proved false
5	Sabale S.B 55-M 9869286608	1 yr	186--110	295--108	-	-0--0	30 Days	It is miracle in my life
6	Patil Sindhu 39—F 34464644	5 yrs	300—70	350--129	NA	4- 0	3 months	Apple reduces the sugar and gives energy

7	Patil M.R.#31-M 9850900385	4 yrs	175—95	400--136	-	0--0	2 months	Apple has helped me a lot controlling the sugar and kept me fresh all the time
8	Katdare Rekha-61-F 020-25436481	3yrs	100--92	160--94	--	1- 0	14 Days	--
9	Prof. Padalkar R.K. 63—M 02347-273806	6 months	205—98 -	230-105	-	0---0	22 days	Excellent results
10	Vavhal N/A.57—F 9763399023 ?	3 Yrs	124--132	148-148	--	1--0	20 Days	
11	Beskar M E. 57—M 020-24213796	17 Years	136--107	260--112	Nil	2 -- nil	One month	
12	Joshi Mugdha--F— Dr Danges Wife He is MMBS practice for 25 yrs	-	162--116	185--135	--	0	-	Referred by Dr. Dange 9422526143
13	Mrs Chavhan –S.R. 51—F 24449995	1 Yr	325--103	325--121	-	0	15 days	Apple works very well and gives energy
14	Dafal S.B. 62—M 9850053274	7 years	127--96	220---132	-	2---0	One month	OK
15	Damle63-M 020-24537639 9403133198	4 months	107-105	218-123	-	0---0	1 month	Apple Therapy has reduced sugar to normal
16	Dange S-47 –F 9422526143	HbA1C 7.4—6.3	186-131 Pl Glucose			0--0		Dr. Dange's [MBBS} Wife
17	Dhavale M.B.78—M 9861123660	7 months	150--81	156---88	-	1-0	22 days	Apple therapy is good, sugar is reduced Thanks for Parkhe
18	Sri Ghosale—M Mahadeo--9422031646	7 Yrs	228-88	345-140	--	-0--0	2 months	Information given on Phone on 4 th April 2010will fil up form shortly

18A	Chaudhari D.R. M Deputy commissioner Labor and Welfare	About 2 yrs	256-104	-not mentioned in his letter	-	0--0	20 Days	Parkhe is Doing good work without any expectations
19	Mrs ArwaleH—45—F 9604862147	4 years	147---116	165--163	-	3-0	46 Days	
20	Shekh Roshan bi 57—F- 9822015520	10 years	150--111	175---145	-	3- 0	40 Days	Pills are stopped, Apple reduces the sugar and feels energetic
21	Dandage M.V. 53—M 9763311009	5 Years	274—84	359--192	1 mg-0	1--0	10 days	Very use full
22	WarakeA.C.530M 9753715662	10 yrs	150--120	296--157	--	7--0	22 Days	Feel energetic, wonderful Therapy
2 3	Dharmadhikari P. M-M.46- M9881622274	4yrs	145--108	180-138	-	-1--0	20 days	We really are Thankful to Parkhe for such a wonderful Therapy
2 4	Patil Ganesh-34-M 9890007199	2 yrs	122-104	140--135	---	1--0	1—45 days	Experiencing quite positive results, I have reduced tablets by half each time
25	Joshi P.V. 67-M 9860675600	20 Yrs	138--78	358--173	24- 20	3-1	2 months	Thank you for your treatment
26	Sharma J.M.—M—55 9960641955	4 yrs	219-96	325-212	0--0	2--0	16 days	Apple is working to control sugar
2 7	Gosavi A.D. 58—F 020-25440375	3 months	261-105	417-135	0--0	0--0	12 days	27
28	Dr. Satarkar 64—M— 9922915945 I	10 Years	230—107	300--180	0--0	2--2	About 2.5 Months	I am of the opinion that if you take apple a day without sweets and half of brisk walk in the morning, your sugar level will be normal

29	Dr. Purandare MBBS 77-F 91-020- 24230660 Dr. is Insulin dependant case ie. Diabetes I	15 Yrs Diabetes-1	180-100	280--180	26 =21	0--0	2.5 Months	One must try for longer time then only one can give definate remark
30	Kadam S.B.—50M 9822991690	7 yrs	96--85—	149-120-- -	---	3--3	9 Days	Kadam S.B.—50M 9822991690 Operated on Pancreas to divert insulin
31	Sasnkhal M.S. 61-M 9096568302	20 years	210--125	300-145	Nil	3—0	About 3 Months --	Apple Therapy very effective
32	Mulani A.V. 59—M— 9922801680	2 years	167--127	287—16 0	Nil	1 -nil	1 Month	Good Therapy and is useful. Stopped my snoring
33	Phadake K F-70 020-24232198	12 yrs	161--111	275-160	-	1--0	2 months	6
34	Panse Alka F-59 9527528018	4 yrs	150-96	200--	-	2-0	25	
35	Vaidya V F57 9822012883	6 yrs	170--107	265-145 Reduce in 9 days	-	2---0	34 days	Apple has given good energy sugar has become normal
36	KulkarniS.V.-54-M 9844064653	1 yr	210-160	315--150	24-8- nil	2--2		
37	Kajarekar M.D.63-M 9822080131	1Yrs	90--70	188--140	--	2-2	2 months	
38	Prabhune PP-50 –M 9850577112	2y	110-101	168--140	--	-0--0	1 month	

39	Bhave JJ—M—35 9004690569	2 Yrs	125--124	180132	0---0	2.5--0	2 Months	:- It is working but slow in my case. At times, I was not regular in taking apple due to traveling.
40	Mrs Bhandare F-70 9970914411	2 Months	125--98	242--145	0--0	0--0	1 Months	Good results because of Apple
41	Alashi A.M—M-65 9850646694	-22 Years	99--123	275----150	22--10--	4--0	17 Days	Apple Therapy is helping in curing Diabetes
42	Palkhede YR.M-50 9881496345	11 years	141-NA	202--102	0---0	2--0	3.5 months	-----

If you adopted this Therapy and got results, then please fill up the report form and send it to me.

The conditions to use Apple Therapy by a person is given bellow:-

I Declare that I have taken up this treatment knowingly on my own responsibility and with proper Medical help. I will not take any type of sweets or fruits till my sugar come to normal. No sugar, No Medicine including any type of powder or extracts for one month or till I attain normal blood sugar. I will take only Allopathic medicine or Insulin as directed by Physician.

I will take Apple in the morning, on empty stomach, before taking anything and walk for half an hour which is a must for me...

Once the fasting sugar reaches 120 to 130 mg/dl, by taking Apple, Insulin will be reduced step by step from night dose onwards by 5 units,. After insulin is eliminated, similarly half a pill will be reduced from night onwards. Patient will take Vitamin B Complex[2mg] after dinner. I will not reduce all doses of medicine at any time only, but will reduce as mentioned above, step by step. I will take normal food without any type of sugar or sweets or fruits.

Links for more references:-

[FAQ Updated must read For Apple Therapy-9.doc - Google Docs](#)

[Back ground of Innovations-and read more.doc-9.doc - Google Docs](#)

[Apple for Diabetes T .doc - Google Docs](#)

[Healing effect.docx - Powered by Google Docs](#)

[Innovation Details.rtf](#)

[Product Development.doc - Google Docs](#)

[A Dream of an Inventor.doc-Final.doc - Powered by Google Docs](#)